



Activity Calendar ~ December 2018

SeaTac Senior Program • 206.973.4690





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 8:45 Senior Walking	4 9:00 Footcare by appt 9:00 Mah Jongg 9:30 Pasefika 10:00 Coffee & Cards 11:45 Lunch 12:30 Canasta	5 8:45 Senior Walking 10:00 Wood Carving 10:30 Hanky Panky's 11:45 Lunch 12:30 Pinochle / Movie	6 9:00 Mah Jongg 11:45 Lunch 1:00 Legal Advice by appt.	7 8:45 Senior Walking 9:00 Cribbage 9:00 Wii Bowling/Golf 11:45 Lunch 12:00 Indoor Flyer	8 1:30 Seattle Men's Chorus
9	10 8:45 Senior Walking	11 9:00 Mah Jongg 9:30 Pasefika 10:00 Coffee & Cards 11:45 Lunch 12:30 Canasta	12 8:45 Senior Walking 10:00 Wood Carving 10:30 Hanky Panky's 11:45 Birthday Lunch 12:30 Pinochle / Movie	13 9:00 Mah Jongg 11:45 Lunch	14 8:45 Senior Walking 9:00 Cribbage 9:00 Wii Bowling/Golf 11:45 Lunch 12:00 Indoor Flyer	15
16 12:30 Joseph and the Amazing Technicolor Dreamcoat	17 8:45 Senior Walking	18 9:00 Mah Jongg 9:30 Pasefika 10:00 Coffee & Cards 11:45 Lunch 12:30 Canasta	19 8:45 Senior Walking 10:00 Wood Carving 10:30 Hanky Panky's 11:45 HOLIDAY LUNCH RESERVATIONS REQ'D 12:30 Pinochle / Movie	20 9:00 Footcare by appt 9:00 Mah Jongg 11:45 Lunch 1:00 SHIBA by appt. 1:00 Alzheimers mtg.	21 8:45 Senior Walking 9:00 Cribbage 9:00 Wii Bowling/Golf 11:45 Lunch 12:00 Indoor Flyer	22
23	24 8:45 Senior Walking	25 CLOSED FOR CHRISTMAS HOLIDAY	26 8:45 Senior Walking 10:00 Wood Carving 10:30 Hanky Panky's 11:45 NEW YEAR'S LUNCH 12:30 Pinochle / Movie	27 9:00 Mah Jongg 11:45 Lunch	28 8:45 Senior Walking 9:00 Cribbage 9:00 Wii Bowling/Golf 11:45 Lunch 12:00 Indoor Flyer	29
30	31 8:45 Senior Walking					



Menu ~ December 2018

Senior Nutrition Program • 206.973.4690



Monday	Tuesday	Wednesday	Thursday	Friday
3  Catholic COMMUNITY Services <small>OF WESTERN WASHINGTON</small>	4 Split Pea Soup Wheat Roll Baked Sweet Potato Green Salad Strawberry Rhubarb Crisp	5 Salmon Filet Wild Rice Wheat Roll Berries & Yogurt	6 Philly Cheese Sandwich Green Salad Grapes	7 Pork Chops Baked Beans Cucumber Tomato Salad Rice Pudding
10	11 Chicken Cacciatore Baked Zucchini Green Salad Wheat Rolls Pears	12 Florentine Fish Baked Red Potato Birthday Cake Birthday Party	13 Beef and Bean Burrito Brown Rice Pinto Beans Green Salad Strawberries & Yogurt	14 Vegetable Soup Apple Peanut Butter Raisin Salad Carrot Cake
17	18 Baked Cod Brown Rice Garden Salad Oranges Oatmeal Cookie	19 Holiday Luncheon ROAST TURKEY Sweet Potatoes Cranberry Sauce Spinach & Wheat Roll Mashed Potatoes Apple Pie Reservation Only	20 Steak Ranchero Brown Rice Applesauce	21 BBQ Chicken Potato Pasta Salad Baked Beans Tangerines
	25 Closed for Christmas Holiday	26 Lasagna Veggies Green Salad Roll Dessert End of Year Party	27 Fish and Chips Cole Slaw Chocolate Pudding Green Salad	28 Beef Macaroni Broccoli Cantaloupe Wheat Roll

- Beginning November 1, single serve salads will be served in place of the salad bar. This is likely to be in place until spring.
- The suggested donation for lunch is \$4 for individuals 60 or older.
- SHAG Senior Housing is providing the birthday cake for our monthly Birthday Party.
- Please bus your own dishes.